

Healthy Life Tips for Men

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Seminar Goals

- Become aware of the health risks facing men today
- Learn about lifestyle choices that can reduce those risk factors and improve health
- Understand preventive care and recommended screening tests for men:
 - Especially screenings for prostate cancer, which is one of most common cancers among men, but most easily detected and treated



The Current State of Men's Health

- The leading causes of death for males are heart disease, lung cancer, stroke and diabetes (*Centers for Disease Control*)
- These conditions can be attributed in large part to modifiable health risks – including high stress, tobacco use, body weight, activity levels and nutritional habits.
- In 2007, only 31 percent of men reported engaging in regular physical activity (*2008 National Health Information Survey*)
- In 2004, 70% of the male population was overweight or obese (*Centers for Disease Control*)
- Depression affects 6 million men per year (*National Institute of Mental Health*)



Now the Good News...

- Smart choices can prolong your life and improve the quality of your life



Tip # 1: Eat Healthy

- 5-a-day (Fruits and Vegetables)
- Watch your beverage choices
- Reduce saturated fats and try to eliminate trans fats
- Eat complex carbohydrates (carbs) instead of fast-acting carbs
- Don't skimp on protein
- Visit www.Mypyramid.gov



Tip # 2: Maintain a Healthy Weight

- Avoid the yo-yo diet dangers
- Weight management vs. a short-term diet
- Make lifestyle changes that you intend to stick with
- Body Mass Index (BMI) Calculator at:

www.cdc.gov/HealthyLiving



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Tip # 3: Get Active/Stay Active

- Do moderately intense cardio 30 minutes a day, 5 days a week
Or
Do vigorously intense cardio 20 minutes a day, 3 days a week
And
Do 8 to 10 strength-training exercises, 8 to 12 repetitions of each exercise twice a week
- You can break this up to fit into your schedule
- Mix it up
- Schedule this like other high-priority appointments
- Make it family time and create good habits for everyone
- CIGNA Healthy Rewards Discounts Program



Tip # 4: Be Smoke-Free

- Tobacco use causes 90% of all lung cancers
- Lung cancer is still leading cancer killer in men—more than enough to fill the Superdome every year
- 90% of all lung cancer deaths in men are related to tobacco use
- Health concerns associated with smoking include cancer and lung disease.
- Smoking triples the risk of dying from heart disease among those who are middle-aged.



Tip # 4: Be Smoke-Free

- Health risks begin to reverse within hours of quitting
- Consider a support program and investigate Nicotine Replacement Therapy options
- CIGNA Quit Today Tobacco Cessation Program-either online or telephonically through a Health Coach (www.myCIGNA.com or 1-800-633-8519) or Tobacco Cessation through UHC
- What is ***your*** motivation for quitting?



Tip # 5: Get Routine Health Screenings

- Routine screenings can save your life
- Always start with a visit to your doctor
- Use your birthday as your reminder
- Colorectal Cancer Screening
- High Blood Pressure Screening
- High Cholesterol Screening
- PSA (Prostate-Specific Antigen) Test: Checks for Prostate Cancer, **1 of most common cancers among men**



Tip # 5: Get Routine Health Screenings: Prostate Cancer Screenings

■ Prostate Cancer:

- 1 out of 6 men will be diagnosed with prostate cancer in his lifetime
- It is 2nd leading cancer diagnosis in men
- **PSA: (Prostate Specific Antigen)**- Protein in prostate secreted into bloodstream and if high, *may* be sign of Prostate Cancer
- **PSA Test:** A simple blood test screening for prostate cancer
- **DRE: Digital Rectal Exam-** Another exam to screen for prostate cancer
- Ask your doctor for a PSA test or DRE Exam at your annual physical exam
- **Doctors' recommendations for screening vary.** Some encourage yearly screening for men over age 50. Some advise men who are at a higher risk for prostate cancer to begin screening at age 40 or 45 years of age.



Tip # 5: Get Routine Health Screenings

Prostate Cancer Treatment

■ Treatment for Prostate Cancer:

- Active Surveillance
- Medical Management
- Surgical Removal
- Radiation Therapy
- Cryoablation (freezing the prostate)
- **Prevention and early detection is KEY!**



Tip # 5: Get Routine Health Screenings: Prostate Cancer and Survival rates

■ Prostate Cancer:

- 90+% of all prostate cancers are discovered either localized (within the prostate itself) or regional (in a nearby region of the male body).
- 5-year survival rate for men diagnosed with prostate tumors discovered in these above stages is 99.7%
- In the past 20 years, the 5-year survival rate for **all stages** combined has increased from 67 percent to ~100 percent.
- Early prostate cancer may not present any symptoms and can only be found with regular prostate examinations by your physician.
- ***Don't let fear/anxiety keep you from having a PSA screening.***



Benign Prostatic Hyperplasia (BPH): A Separate Prostate Condition

- Benign Prostatic Hyperplasia (also known as BPH)
- A common prostate CONDITION in men over 40.
- BPH: Comes from natural, noncancerous growth of the prostate.
- Growth can lead to obstruction to urine flow and cause some irritative urinary symptoms.
- Obstructive symptoms include:
 - a slow starting and interrupted stream while urinating,
 - decreased strength of stream,
 - straining to urinate
 - and incomplete bladder emptying.
- Irritative symptoms include:
 - increased daytime and nighttime urinary frequency,
 - Urgency to urinate,
 - and occasionally urgency incontinence.
- Treatment options: medical management, office-based therapies and surgical procedures



Tip # 6: Manage Stress

- Stress contributes to many physical ailments
- Managing stress effectively can improve your overall health and your energy level
- Identify and change the stressors you *can* control and modify your reaction to the stressors you *can't* control
- Make sure you have a healthy support networks of POSTIVE people (family and friends)



Tip # 7: Be Safe

- What does being safe mean to you?
- Safety at home
- Safety at work
- Safety on the road



Tip # 8: Know Yourself and Your Risks

- Family history, habits, lifestyle and environment all contribute to our health risks
- Know your biometric “numbers” (blood sugar, cholesterol, etc)
- Take a “**Health Assessment**” online at www.myCIGNA.com or www.myuhc.com
- Make necessary changes to reduce your risk factors



Tip # 9: Make Good Health a Priority!

- Good health is a *lifestyle AND lifelong commitment*
- Don't get in your own way by putting off preventive care
- Going to the doctor can detect hidden problems and prevent emergencies
- Taking care of your health means you can keep providing for your family and your future



**What is one thing you can do in
the next 24 hours that will put
you on the path to better health?**



References

- The leading causes of death for males are heart disease, lung cancer, stroke and diabetes (*Centers for Disease Control*: www.cdc.gov/men/lcod.htm)
- In 2007, only 31 percent of men reported engaging in regular physical activity (*National Health Information Survey*: www.cdc.gov/nchs/data/nhis/earlyrelease/200803_07.pdf)
- In 2004, 70% of the male population was overweight or obese (*Centers for Disease Control* www.cdc.gov/nchs/data/hus/hus07.pdf#074)
- Depression affects 6 million men per year (*National Institute of Mental Health*: www.nimh.nih.gov/health/topics/depression/men-and-depression/depression-in-men.shtml)
- WebMD Website: <http://men.webmd.com/features/6-top-health-threats-men?page=2>
- National Cancer Institute: PSA age recommendations for screenings <http://www.cancer.gov/cancertopics/factsheet/Detection/PSA>

